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## COTTAGE CHEESE FOR CALORIE COUNTERS

(Suggested News Article)

Cottage cheese is one of our most versatile foods. It's equally good whether served in a simple mound on crisp lettuce leaves or in a glamorous dessert for the most festive occasion. And--good news for calorie counters--cottage cheese has relatively few calories. A  $3/4$  cup serving contains only 200 calories--just about 8 percent of the average adult's daily calorie needs.

Cottage cheese is high protein food. A  $3/4$  cup serving furnishes almost half of the amount of protein needed daily by adults. Yet that serving costs only about 12 cents.

Cottage cheese is available in several forms\* in many of our stores. Some has small curds, called "country style." However, a large-curd type seems to be more popular in \_\_\_\_\_ (city or county). Most cottage cheese is "creamed," which means a small amount of cream has been added to make it more moist and for better flavor.

Cottage cheese is a "natural" combined with the fresh fruits that will be on the market during the summer months. Here's a simple-to-make yet beautiful-to-see salad:

### Cottage Cheese-Fruit Salad

Use ring mold, any large mold, or individual molds. Fill with creamed cottage cheese. Press lightly so it will hold shape. Turn out on crisp lettuce or endive. Arrange bite-size pieces of fresh fruit in center or around cheese. (Serve with French dressing or a fruit salad dressing if you're not counting calories.)

\*Check your stores to be sure this applies in your locality.

For a plain or congealed fruit salad, here's an unusually good low calorie dressing:

Cottage Cheese Dressing

3/4 cup cottage cheese, sieved	1/2 teaspoon salt
1/3 cup skim milk	1 tablespoon honey
1/2 cup lemon juice	1 tablespoon chopped chives,
Dash paprika	if desired

Beat all ingredients together until smooth. Makes about 1 1/3 cups.

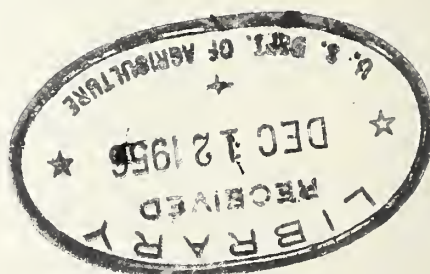
For a high protein, low calorie main dish for lunch or supper, try Cottage Scrambled Eggs. Serve with a tossed green salad and fresh fruit for dessert and you'll be keeping calories well in line.

Cottage Scrambled Eggs

1 tablespoon butter	Few grains pepper
6 eggs, slightly beaten	3/4 cup cottage cheese
1/4 cup milk	4 slices toast
3/4 teaspoon salt	

Melt butter in frying pan. Stir milk and seasonings into eggs. Pour into frying pan and cook over low heat, stirring occasionally. When eggs are thickened, mix in cottage cheese. Serve at once on toast. Four servings.

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